



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Health Angels

Number: 31

Course: 171.30 km
Blankenstein-Hörschel

Category:
Mixstaffel

Total time: 16:06:06

Speed: 10.62 km/h

Running performance: 5:38 min/km

Rank in course: 188 (of 217)

Best time in course: 10:07:32

Rank in category: 52(of 66)

Best time in the category: 11:43:48

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Grumbach	17.20	1:29:54	5:13	45	22:22	164	28:29	17.20	1:29:54	5:13	19	5:34	218	28:07
Schildwiese	20.10	1:50:17	5:29	54	37:10	189	46:02	37.30	3:20:11	5:22	19	34:20	218	1:10:55
Neuhaus/ Gewerl	15.50	1:25:47	5:32	22	21:06	101	25:24	52.80	4:45:58	5:24	19	23:55	218	1:35:09
Triniusstein	21.60	2:06:17	5:50	57	47:40	194	52:13	74.40	6:52:15	5:32	19	22:38	218	2:25:38
Allzunah	15.00	1:25:47	5:43	55	27:21	195	37:29	89.40	8:18:02	5:34	19	22:24	218	3:03:07
Grenzadler	19.80	1:49:51	5:32	45	35:48	175	40:36	109.20	10:07:53	5:34	19	8:54	218	3:38:23
Nesselberg	13.80	1:23:15	6:01	49	23:07	186	34:37	123.00	11:31:08	5:37	19	16:15	218	4:12:40
Kleiner Inselsber	13.90	1:25:06	6:07	53	29:15	190	33:54	136.90	12:56:14	5:40	19	20:13	218	4:46:34
Hohe Sonne	19.70	1:35:24	4:50	26	22:47	104	29:40	156.60	14:31:38	5:33	19	20:24	218	5:13:34
Hörschel	14.70	1:34:28	6:25	54	31:34	196	45:00	171.30	16:06:06	5:38	52	4:22:18	188	5:58:34